



## WELLNESS

NAPA COUNTY OFFICE  
OF  
EDUCATION

### Wildfire Resources

#### Mental Health & Wellness

### National & State Resources

[CDPH - Wildfires & Mental Health webpage](#) - Resources for wildfire victims to help with emotional trauma and other behavioral impacts from the Center for Preparedness and Response

[National Child Traumatic Stress Network Wildfire Resources](#) - Provides guidance on supporting children affected by wildfire-related trauma.

[Soluna](#) - California's mental health app designed for ages 13-25, offering emotional health resources. Completely free and confidential for California teens and young adults. Always.

[BrightLife Kids](#) - A CalHope app providing mental health and caregiving support tailored to children aged 0-12 years old and their families. BrightLife Kids is available free of charge.

### District Resources

[Care Solace - CJUSD](#)

[Care Solace - SHUSD](#)

[Care Solace - HMESD](#)

[Care Solace - NVUSD](#)

[Care Solace - NCOE](#)

[Care Solace - PVUESD](#)

### Care Solace District Messaging for students and families (to be customized):

As our community grapples with/recovers from [INSERT DETAILS], we know many families may need additional support.

Disasters like this can impact our community in many ways including taking a toll on our mental health and well-being. As our community deals with the impact of this tragedy, we wanted to share resources should you or someone you know need help.

#### **On campus:**

Visit [INSERT DETAILS]

Sign-up for support with a counselor or therapist: [INSERT DETAILS]

Email [INSERT DETAILS]

**In our community:**

[INSERT DISTRICT] partnered with Care Solace to support our community's mental health. If you or a family member are looking for help with your mental health or substance use, you can use Care Solace to anonymously find community therapists or treatment programs matched to your needs regardless of circumstances.

Care Solace is a complimentary and confidential service provided to students, staff and their families by [INSERT DISTRICT].

If you would like to use Care Solace to help you find a provider:

Call 888-515-0595 available 24/7/365 in any language

Visit [INSERT DISTRICT LINK HERE] and either search on your own , OR click "Book Appointment" for assistance by video chat, email, or phone.